

# Tewksbury Senior Center

## Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

April 2015

Volume 07 Issue 4

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### A Message From Your Director... Ashley Springman

As most of you may already know I got married last month. I am so lucky to say that on Friday March 27th I wed Mr. Michael Springman and we couldn't be happier! Here comes the "fun" part of changing my name on EVERYTHING. Thank you to everyone who sent us well wishes, we really appreciated it!

Its so hard to believe that as of April 7th, I have been at the Senior Center for one year. Time certainly does fly! Some of this year's accomplishments were the launch of My Senior Center, installing new cabinetry in the servery and atrium, increasing outreach services, starting a Parkinson's Support Group and more. But my greatest achievement by far has been getting to know all of you!

Moving into the summer I have some more ideas to improve the center and the services it provides. I am currently working with the LRTA to increase transportation options for Tewksbury's seniors... stay tuned. I am also looking at healthier options for lunch. Jan and I will be getting ServSafe certified with the hopes that we can bring a salad bar to the center... stayed tuned for that too. If there are any volunteers who would like to assist us with this project, please let me know. Lastly,

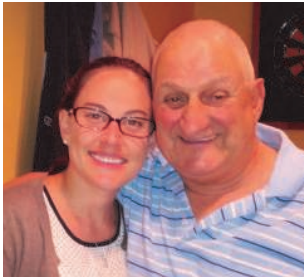
attend this year's Special Town Meeting to support the addition of a part-time outreach worker at the Senior Center. This is a 15 hour/week position that would supplement the outreach services that are already being provided. Outreach includes: application assistance, referrals, home visits to homebound elders, advocacy and more. I am very hopeful that all of the things will transpire!

This month, I have also made some changes to the newsletter. You will notice on Page 4 that I have removed the list of Special Events and listed the Regular Activities that take place every week. Hopefully this will be less monotonous than the larger center calendar. In the centerfold you will now find the lunch menu on one side and a *Calendar of Special Events* on the other. This calendar will include special events that do not occur every week, any changes to the weekly schedule, holidays/ Senior Center Closures and evening and weekend activities. I am looking for your feedback so let me know what you think.

Lastly, I want to wish Diane Joy, BOH Senior Clerk Secretary, the best of luck on her new journey. She will be very missed!



**My Mission as Your Director:** *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*

**Volunteer Of The Month****Jim Nolan**

You can ALWAYS count on Jim to brighten your day! He is always smiling and laughing and can always light up a room. He takes the time to say hello and is genuine when he asks how you are. Jim is also quick to lend a hand. He has stepped up on many occasions to help when Bob has been out, with tasks such as moving tables and stacking chairs. He also helped with our float in the Memorial Day Parade. Jim is a regular pool player and takes pride in the upkeep of the Billiard's Room. Most recently he joined forces with some of the other gentlemen to install new lights over the pool tables. Jim makes it a point to stop into the office each time he is at the center to say hi to the "nice ladies" and we look forward to his visit. He is a happy go lucky guy and we are so fortunate to have him around. Jim, thanks for all you do!

**Important Telephone Numbers for Seniors:**

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
American Red Cross	www.redcross.org
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275

**Elder Services of the Merrimack Valley**  
**1-800-892-0890**

(Call this # to report Elder Abuse)

MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

We are always looking for new ideas when it comes to our DAY TRIPS. Submit your ideas in to the suggestion box on Jan's desk, including your name and # and we will be in touch and see what we can do!

**Durable Medical Equipment**

Often times, durable medical equipment is not covered by insurance and can be quite costly. We can help! The Senior Center loans equipment to those in need, such as walkers, canes, wheelchairs, commodes, raised toilet seats, crutches, bed rails and more!!! We also have disposable briefs to offset costs for those experiencing incontinence. In return, we accept equipment donations to maintain our supply. We are currently in need of shower seats and benches. Thanks!!

**Elder Services of the Merrimack Valley, Inc.**

*Choices for a life-long journey*

"A private non-profit agency serving elders and disabled adults who reside in Northeast Massachusetts. Established in 1974, [their] mission is to support an individual's desire to make their own decisions, secure their independence, and remain living in the community safely."

**1-800-892-0890**

**Contact Your Local Representative & Senator**

**Representative James R. Miceli**

Phone: 617-722-2305

Email: [James.Miceli@mahouse.gov](mailto:James.Miceli@mahouse.gov)

**Senator Barbara L'Italien**

Phone: 617-722-1612

Email: [barbara.l'italien@masenate.gov](mailto:barbara.l'italien@masenate.gov)



**Council on Aging- (978) 640-4480**

**Ashley Springman, MS, LSW**  
Council on Aging Director  
Aspringman@tewksbury-ma.gov

**Jan Conole**  
Senior Clerk Secretary  
Jconole@tewksbury-ma.gov

**Bob Noel**  
Maintenance  
Rnoel@tewksbury-ma.gov

**Council on Aging Board Members:**

Virginia Desmond- Chair

Joel Deputat- Vice Chair

Lorene Patch- Treasurer

Joan Unger- Clerk

Joanne Aldrich

Marie Durgan

Peg Keefe

Paul McNaught

Patty Sasso

Kathy Walsh

Arlene Wright

Melissa Johnson- Recording Secretary

**Board of Health- (978) 640-4470**

**Lou-Ann Clement, CHO**  
Director of Public Health  
lcclement@tewksbury-ma.gov

**Vacant**  
Senior clerk secretary

**Sarah Kinghorn, BSN, R.N.**  
Public Health Nurse  
nurse@tewksbury-ma.gov

**Shannon Sullivan**  
Sanitarian  
ssullivan@tewksbury-ma.gov

**Veteran Services- (978) 640-4485**

**Lisa Downey**  
Veteran Service Officer  
vets@tewksbury-ma.gov

**\*\* Prizes for Our Readers \*\***

Some intentional and maybe not so intentional mistakes have been made in this month's newsletter. Find one and you'll be entered into a raffle to win a prize.

If you find a mistake see Jan to enter your name.

The winner from last month was:

**Mary DiBella**

**Seventh Annual Health Fair**

The annual health fair is being held at the Tewksbury Senior Center on April 8th from 2 PM to 6 PM. We have more than 50 vendors with individual tables. We will have REIKI demonstrations as well as chair massages, dentists, rehab agencies, skin analyzing, Community Team-work Inc., The Mass Commission for the Deaf, and Hard of Hearing, blood pressure screenings and some delicious treats will be made by the Blaire House. . Attendance is free, and everyone is welcome! Donations to the Food Pantry will be accepted.

**Also please note that all Senior Center activities will be cancelled that day.**

Thank you to all of the individuals and organizations that compose articles for this newsletter. We just ask that you submit them no later than the 15th of the previous month and keep them short & sweet. READERS: We are always looking for new and interesting material to include in our newsletter. If you are interested in submitting an item for an upcoming newsletter please see Ashley. Happy Writing!

**TEWKSBURY SENIOR CENTER NO-SMOKING POLICY**

Smoking is not permitted in or around the Tewksbury Senior Center.



Individuals may choose to smoke in a personal vehicle located away from the building or they may choose to smoke on the cement slab located in front of the small, utility shed. **Smoking is prohibited on all other areas of the Senior Center's grounds.**

Thank you for your cooperation, Ashley Stuart- COA Director and members of the COA Board

**DO YOU NEED ASSISTANCE WITH YOUR FEET?  
SIGN UP FOR OUR FOOT CARE CLINIC**

**WHO:** Catherine Languedoc RN BSN, CFCN  
(Certified Foot Care Nurse)

**WHEN:** 3rd Thursday of Every Month

**WHERE:** Senior Center Nurses Office



## WEEKLY SCHEDULE REGULAR ACTIVITIES

Please see pages 6 & 7 for Special Events,  
changes to the weekly schedule and the  
Lunch Menu

<b>MONDAY</b>	
<b>AM</b> 9:00 Forever Fit 9:30 Men's Yoga 10:15 Therapeutic Yoga	<b>PM</b> 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga
<b>TUESDAY</b>	
<b>AM</b> 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity	<b>PM</b> 12:30 45's 12:45 ZINGO 1:00 Independent Painting 3:00 Swinging Seniors
<b>WEDNESDAY</b>	
<b>AM</b> 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	<b>PM</b> 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's
<b>THURSDAY</b>	
<b>AM</b> 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	<b>PM</b> 12:30 Experienced Yoga 12:30 Whist 1:00 Oil Painting 1:00 Bunka Embroidery 2:00 Bone Builders #1
<b>FRIDAY</b>	
<b>AM</b> 8:30 Walking Club 9:30 Bone Builders #3	<b>PM</b> 12:30 International Mah Jong

## Friends of the Elderly, Inc.

*Submitted by Linda Brabant*

A very special thank you is extended to all those who helped with the Friends St. Patrick's Dinner Dance...from preparing and slicing the corned beef, veggie patrol, to serving, making sure everyone had everything they needed and cleaning up. Everyone did a great job! A note of thanks is also sent to everyone that helped with the Friend's Yard Sale of March 28<sup>th</sup>. Another job well done!

The Friends will be holding two Breakfast Benefits to raise funds for the Senior Citizen's participation in the Memorial Day Parade. We are hoping that you will be able to help with this effort. The first Breakfast Benefit will be held on Sunday, May 3<sup>rd</sup> from 8:00 to 11:30 AM at the Tewksbury Senior Center. The menu will include: pancakes, scrambled eggs, bacon, sausage, home fries, beans, Red/White/Blue Patriot Waffles, toast and beverages. (Maybe even some corned beef hash.) Tickets are now available at \$8 per adult and \$4 for children 6 to 12. Children 5 and under are free. Adult tickets at the door will be \$9. One can save by purchasing their tickets prior to the event. The second Breakfast Benefit benefiting the Seniors participation in the parade will be held on Sunday, June 7<sup>th</sup> from 8:00 to 11:30 AM again at the Senior Center. The menu will be the same in June with the exception of the R/W/B waffles. In its place will be a fresh fruit salad. Mark your calendars!

The next Friend's Activities Meeting will be held on Friday, April 17<sup>th</sup> at 9:30 AM. All are welcome. A Friends Foxwoods day trip will take place on Thursday, May 6<sup>th</sup>. Ticket sales will begin on Monday April 13<sup>th</sup> at 8:15 AM. The trip cost is \$30 and includes motor coach transportation, a casino package and the driver gratuity.

The Friends will also help the Craft Class Ladies with a trip to the Old Country Buffet in Walpole with a stop off at Frugal Fannies for shopping! This trip will be held on Thursday, April 16<sup>th</sup>. The cost will be \$33 and includes minibus transportation, lunch and the driver gratuity. Shopping will be on one's own! EVERYONE IS WELCOME TO JOIN IN THIS DAY TRIP. One may sign up at the Senior Center.

God Bless our Troops – God Bless America

## Red Hat News

*Submitted by Diane Joy*

**WHO AM I?** I was born in Scotland. My husband and I came to the United States on the Queen Elizabeth. We landed in New York, and stayed with cousins in Long Island. At the time we came to the US, you had to be sponsored by someone, and have a physical and x-rays before you were allowed in the country. We had to wait a year before we are allowed in. My husband and I were 25 years old when we arrived, and were married for one year. After 5 years of living in the US, we became citizens. I have been in the United States for 50 years now, and have lived in Wilmington for 42 years.

I met my husband when both of us were 5 years old. We were in the first grade, and he would dip my braids into the inkwell. We started going out around 17, and got married at 23, and are still married after 51 years.

I worked as a customer service representative in Haverhill for 25 years and dealt with overseas orders and invoices. I am a singer in the Interfaith Choir, the Senior Center choir, and have been a member of the Sweet Adelines Barber Shop Chorus for 32 years. The Sweet Adelines is a competing chorus, and we have placed in the top 5 every year. I have travelled to Scotland, England, Wales, France, Spain, Austria and Ireland with the Sweet Adelines. I also line dance here at the Senior Center, and also in Wilmington. I line dance all over the place. My husband is known to say, "I used to know where she was when she was working, but now I never do!" My hobbies include knitting—mostly afghans which are usually placed in raffles. One of my afghans was used in the raffle for the Christmas event held at the Senior Center. I also have participated in Bunka. I love to read mysteries, and working in my yard. I have 3 children, a son and two daughters, and I have two grandchildren. I have had many dogs and cats in my lifetime, including a Doberman and a Siamese cat, which got along wonderfully. It was funny to see the cat jump on the Doberman, then slide off because the Doberman's coat was so shiny and sleek.

WHO AM I Answer on Pg. 12

**UPCOMING EVENTS:**

**April 15<sup>th</sup> ICE CREAM & A MOVIE.** (Movie to be determined). Regular red hat attire (no jammies). Please get ticket BEFORE event, so we can calculate amount of ice cream.

**May 14<sup>th</sup> (THURSDAY) CHINESE FOOD & RAFFLE.**

**June 16<sup>th</sup> (TUESDAY) CASABLANCA BY THE SEA, Portland, Maine. PLEASE SIGN UP NOW!. We need to meet the quota to secure this trip.** Deposits being accepted now. \$69 Total Payment DUE May 20<sup>th</sup>. INCLUDES LUNCH (choice of Baked Scrod or Baked Chicken). Trip includes a 90 minute Portland Harbor Narrated Cruise, plus time for shopping and browsing at Old Port. Please wear your purple and red!

April 2nd has become NATIONAL AUTISM AWARENESS DAY. The United Nations General Assembly declared April 2nd as National Autism Awareness Day to focus the need of improving the lives of children and adults who suffer from the disorder so that they can lead independent and meaningful lives. The rate of autism in all parts of the world is high and it has a great impact on children's lives, their families and communities. Autism and autism spectrum disorder are general terms used for a group of disorders of brain development. It is a lifelong developmental disability that recognizes itself during the first three years of one's life. These disorders are characterized by varying degrees of disabilities in verbal and nonverbal communications, social interactions and abnormal behaviors. They include Rett Syndrome, Asperger Syndrome and childhood disintegrative disorder. Many of them have exceptional abilities in drawing and painting, visual skills and music etc... The eighth annual World Autism Awareness is on the 2nd of April, 2015. Autism organizations around the world will celebrate this day with different fundraising and awareness-creating events.




*Submitted By Marilyn Hebert, Newsletter Editor*

MVNP (978) 686-1422

## April 2015 Client Menu

MENU SUBJECT TO CHANGE WITHOUT NOTICE												
All meals served with margarine & 1% milk.												
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Mon	Tue	Wed	Thu	Fri	Sat/Sun
 <p>The Billiards Room is open daily from 8am-4pm, except Wednesdays for a tournament from 9:30am- 12pm.</p>					
<b>6</b> 7:00am– Departure for Mohegan Sun 12:30pm– Cootie Party 2-6pm– Upscale Intake of Items	<b>7</b> 2-6pm Annual Health Fair (No Regular Activities)	<b>8</b> 2-6pm Annual Health Fair (No Regular Activities)	<b>9</b> 9:30am– Men’s Group	<b>10</b> 9:30am– GAC Entertainment Committee Meeting	<b>11/12</b> 4/5
<b>13</b> 14	<b>14</b> 9am <i>Power of Flowers</i> Craft Class 12:30pm Board Meeting 6pm Red Hat’s Movie & Ice Cream	<b>15</b> 9am <i>Power of Flowers</i> Craft Class 12:30pm Board Meeting 6pm Red Hat’s Movie & Ice Cream	<b>16</b> All day- Foot Care Clinic 10am Departure for Crafter’s Trip 12-4pm <b>Balance &amp; Gait Screening</b>	<b>17</b> 9:30am Friends Activities Meeting 7:00pm- Silvertones Dance	<b>18/19</b>
<b>20</b> Patriot’s Day- Senior Center Closed	<b>21</b> <b>GAC Penny Sale</b> (No Regular Activities)	<b>22</b>	<b>23</b> 9:30am– Men’s Group	<b>24</b> Rod & Gun Club Banquet	<b>25/26</b> Sat. 12-4pm– Cribbage Tournament
<b>27</b> 10am- MS Support Group 11:30am- DJ Jon Afternoon Dance	<b>28</b> 9:30-11am- Rep. Jim Miceli’s Office Hours 10-11am- Sen. Barbara L’Italien Office Hours	<b>29</b>	<b>30</b>	-The Upscale Consignment Shoppe is open Mon-Thurs, 11am– 3pm & Friday 9:30-11:30am	The Snooti Patooti Gift Shop is open daily from 10am-4pm

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\*Certified by the American Board of Podiatric Surgery

The history of April Fool's Day is uncertain, but the current thinking is that it began around 1582 with the reform of the calendar under Charles IX. The Gregorian Calendar was introduced and the New Year's Day was moved from March 25—April 1. In England jokes are played only in the morning. Fools are called 'gobs' or 'gobby' and the victim of a joke is called a 'noodle'. Afternoon it was considered bad luck to play a joke on anyone afternoon.

No matter where you happen to be in the world on April 1, don't be surprised if April fools fall playfully upon you.



### **Every visit to the Senior Center counts!**

Make sure to sign in on the touchscreen each time you visit, choosing ALL of the activities you plan on attending for the day. The better the numbers, the more likely we are to get funding through grants. And of course, if you are having trouble, we are more than willing to help!

O V O U O V I J S Y I B A X  
C B O N V L A T P E Y Y R G  
I A U Y I M M C A R E L A X  
X H U L A S D N A L S I X A  
E A T I C G A R C T Y P D P  
M M C U S T E C T B I A O F  
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A A I W Y C M B E R M U D A  
T H D F H E A K S A L A G N  
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### **PLEASURE CRUISE**

ACTIVITIES  
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\DANCING  
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HAWAII  
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NIGHTCLUB  
PORTS  
SHIP  
STATEROOM

ALASKA  
BERMUDA  
DINING  
GREECE  
ISLANDS  
JAMAICA  
OCEAN  
RELAX  
SPA  
VACATION

BAHAMAS  
CASINO  
ENTERTAINMENT  
GYM  
ITALY  
MEXICO  
POOL  
SALON  
STAFF  
VOYAGE

### **UPCOMING DAY TRIPS**

<b>Date</b>	<b>Bus Leaves</b>	<b>Trip</b>	<b>Cost</b>	<b>Tickets</b>
May 16, 2015	6AM Sharp	Statue of Liberty Ellis Island 9-11 Memorial	\$89 per person	Available Now
June 6, 2015	TBD	Battleship Cove	TBD	Not Available
June 17, 2015	3:00PM	Hampton Beach Continental	\$15 per person	Available Now
July 8, 2015	9:30AM Sharp	Fosters Lobster Isle of Shoals	\$97 per person	Available Now
July 22, 2015	10AM	Boston Duck Tour Lunch Fire & Ice	\$62 per person	Available Now
August 19, 2015	8:30AM Sharp	Essex Steam Train Connecticut River	\$89 per person	Available Now
September 23, 2015	TBD	Buddliner Tour	\$85 per person	Not Available
October 14, 2015	TBD	Easthill Farm Octoberfest	\$76 per person	Not Available
November 4, 2015	TBD	Nashoba Wine	TBD	Not Available

**Golden Age Club***Submitted by Nancy Zabawa*

Now that you're over sixty  
 And your working days most done,  
 You're tired of the rat race,  
 Commuting's not much fun.  
 Technology's been chasing you.  
 It's gaining—then some,  
 Now is the time for you:

*(Chorus) Come and join the Senior Center*

*Lots to learn and see and do,  
 Folks to meet and friends to reassure,  
 A welcome waits for you!*

The mortgage paid, the kids are raised;  
 (They're grown and on their way.)  
 You like to have them visit;  
 When they leave, oh happy day!  
 Although you love them very much,  
 They shouldn't plan to stay.

Now is the time for you!

The pace of life is slower now.  
 There's time for you to do  
 All the things you've dreamed about  
 Since 1962.  
 Now that we've told you all about  
 The "how", the "why", the "who"—  
 The rest is up to you.

The business suit and briefcase  
 In the closet now will stay  
 Except for Church on Sunday  
 Or a very special day.  
 Now dungarees and T-shirts  
 Will suffice for come what may.  
 Now is the time for you!

You could stay at home and while away  
 The hours of the day,  
 Watching sports and news reports  
 And "Shopping U.S.A."  
 Don't complain of being lonely,

Lend an ear to what we say,  
 "A change is good for you!"

There is softball in the Springtime,  
 Shopping trips, and swimming, too,  
 Barbecues and picnics  
 Under sunny skies of blue,  
 Crafts and cards and seminars  
 To mention just a few  
 Does that sound good to you?

We have pancake breakfasts, yard  
 sales,  
 And each month we dance and dine  
 To earn the needed money  
 For the plans we have in mind –  
 For scholarships and special trips  
 There's oh so much to do,  
 And there's a place for you.

***Written by Natalie S. Thistle  
 Natalie passed away in Sept 2013.***

**Don't Feed Wintering Wildlife – Keep Wildlife Wild***Submitted by Lou Ann Clement – Director BOH*

Each winter, Mass Wildlife receives inquiries from the public regarding whether or not to feed wildlife. While people have good intentions, supplemental feeding of wildlife typically does more harm than good. Most wildlife seasonally change their behavior to adapt to cold temperatures and scarce food supplies. Supplemental feeding can alter that behavior and have detrimental, sometimes fatal, effects. Wildlife in Massachusetts have adapted over thousands of years to cope with harsh winter weather, including deep snow, cold temperatures, and high winds.

Supplemental feed sites congregate wildlife into unnaturally high densities, which can:

- Attract predators and increase risk of death 9ikm by wild predators or domestic pets;
- Spread diseases among wildlife or cause other health issues (e.g. Rumen acidosis in deer, Aflatoxicosis in turkeys);
- Cause aggression and competition over food, wasting vital energy reserves and potentially leading to injury or death;
- Reduce fat reserves, as wild animals use energy traveling to and from the feeding site;
- Cause wildlife to cross roads more frequently, therefore increasing vehicle collisions;
- Negatively impact vegetation and habitat in areas where feeding congregates animals.

Providing wildlife with food at ***any time of year*** teaches them to rely on humans for food, which puts them at a disadvantage for survival and can lead to human/wildlife conflicts. Once habituated behavior is established, it can be very difficult or impossible to change.

***What can you do?*** The best way to help wildlife make it through the winter is to step back and allow the animals' instincts to take over. To help wildlife near your home, focus on improving the wildlife habitat on or near

*Continued on Pg. 12...*



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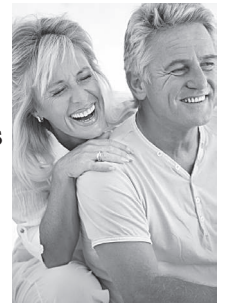
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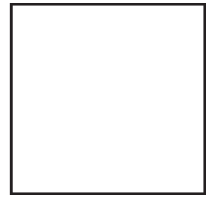
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Walter J. Deputat - founder

Dennis W. Graham

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**175 Chandler Street**  
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...Continued From Page 9

your property, by including natural food and cover (e.g., some conifer cover and regenerating forest or brushy habitat). It is also important that wildlife populations are in balance with what the habitat can support.

**Bird feeding:** Mass Wildlife biologists advise against feeding wildlife. While backyard bird feeding during winter months is generally acceptable, we recommend using native plants and water to attract birds to your yard. Fallen bird seed can unintentionally attract many types of wildlife, including bears, turkeys, small mammals like squirrels and mice, and predators like foxes, fishers, and coyote that feed on small mammals. If you notice unwanted wildlife in your backyard, bring in your bird feeders immediately.

For tips on avoiding conflicts with wildlife, such as bears, coyotes, and turkeys,  
visit our [Living with Wildlife Fact Sheets](#).



Who Am I? Answer: Jean Nelson

A special thank you to the Executive Office of Elder Affairs for supporting our newsletter.

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